



# Sports

## **Basketball Skills**

Kids will have fun developing their overall basketball skills. This is a great class for kids to learn balance, basic conditioning, hand eye coordination, ball handling, speed and agility. We will focus on dribbling, passing, shooting, scoring and basic team play. They will also gain self-confidence and increase their sportsmanship and teamwork.

## **CoreMom Small Group Fitness**

Program is designed by a pre-and post-natal specialist for pregnant women and new mothers. This class combines functional and corrective measurements with “restorative” exercises. Most classes are baby-friendly (non-mobile - 6 weeks to 7 months).

## **Dave Miller Basketball Clinic**

Basketball instruction and fundamental review of dribbling, passing and shooting. MVP camp is one of the most popular sports classes at Adventureplex. Players will learn the fundamentals of the sport of basketball, grow in confidence of their abilities, and apply what they learn in a game environment. Sign up for this class and grow as a player and as a person.

## **Sports Fundamentals: Basketball**

Before a child can become the next NBA all-star, they have to develop a love for the game. Basketball FUNdamentals will get your kids started the right way, by using play and games to teach basic basketball skills like shooting, passing, dribbling and teamwork.

## **Sports Fundamentals: Soccer**

Kids who enjoy soccer practice are more likely to continue, so we created Soccer FUNdamentals to get them started right. Your children will leave knowing basic soccer skills, including dribbling, passing and scoring, but with a focus on play and fun rather than competition.

## **SuperTots Multi-Sport**

A development program for kids that uses a variety of fun games to engage kids while exposing them to a variety of different sports. The goal is to build fitness, muscle coordination, and sports fundamentals while fostering a love of athletics.

# Dance

## **Tiny Dancers (with adult partner)**

Some basic ballet steps are taught. It's a blend of structured activities and improvisation. To keep attention we use various props such as feather wands, streamers, scarves. Sometimes we are seated, sometimes standing, sometimes traveling across the floor or in a circle. Music is kid friendly such as our Mr. Tom's music, Disney, Greg and Steve, etc. Attire is leather ballet shoes, leotard, tights, dance skirt (optional) Parent or caregiver participates with and guides child through the class.

## **Mini Dancers (Independent)**

Some basic ballet steps and patterns are taught. It's a blend of structured activities and improvisation. To keep attention we use various props such as feather wands, streamers, scarves. Sometimes we are seated, sometimes standing, sometimes traveling across the floor or in a circle. Music is kid friendly such as our Mr. Tom's music, Disney, Greg and Steve, etc. Attire is leather ballet shoes, leotard, tights, dance skirt (optional)

## **Tiny Gymnast**

Children develop confidence while learning basic gymnastics skills, with your help. Mats of all shapes and sizes, stunt bar, mini-trampoline, low balance beams, ladder, tunnels, spring board, are just some of our equipment that we use. We teach rolls of all kinds, handstand walking, and more. Lots of kid-friendly music, too. In addition, the class develops coordination using balls, hoops, parachute, scooters, and more. New lesson plans each session.

## **Mini Gymnast**

Mini cartwheels, rolls of all kinds, handstands, balance beam, vaulting, and bar stunts are just a few things taught in this fun class. SuperKid instructors are positive, caring, and energetic. We have taught thousands of students their first cartwheel. ATTIRE: Leggings or shorts and T-shirt or leotard. We go barefoot in class. Long hair in a ponytail.

## **Hip Hop Dance Party**

Both boys and girls love the, joyful big movements of Hip Hop! We use kid friendly music with a strong beat featuring fun imagery and basic steps. SuperKids Hip Hop builds rhythm awareness, coordination and confidence! ATTIRE: Comfortable clothing and sneakers.

# Music, Language and Art

## **Peewee Picasso**

Curiosity, discovery, and self-expression are the focus of this fantastic class as students enhance Essential Life Skills! The Play Dough Station, The Drawing Station, Building and Manipulatives, Art Story Time and more give students creative confidence and let the imagination soar! Tempera paints, collage, water color, artists markers, and more will be introduced weekly along with a core lesson. Lil' artists take home all artwork every week! Projects rotate quarterly. Parents, come join the fun!

## **South Bay Music Together**

Music learning supports all learning. It enhances a child's language, cognitive, emotional, social, and physical development. This comprehensive music program offers your child a high level of music education through open expression, exploration, and play.